

Creole Shrimp Stew



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



7

CALORIES



77 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.5 cup celery chopped (1 large rib)
- ☐ 2 tablespoons cooking wine dry red
- ☐ 1.5 teaspoons thyme or dried fresh minced
- ☐ 0.3 teaspoon ground pepper
- ☐ 6 ounces pacific halibut filets cut into bite-size pieces
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 6 ounces shrimp fresh peeled
- ☐ 1 teaspoon vegetable oil

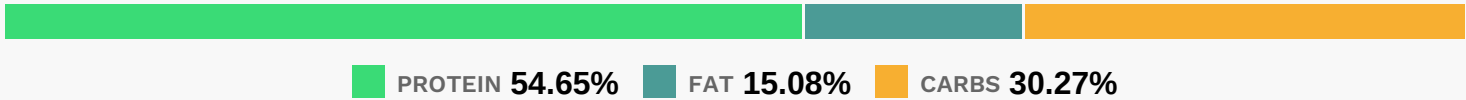
Equipment

- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add onion and next 4 ingredients, and cook, stirring constantly, 5 minutes.
- ☐ Add wine and tomato. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes.
- ☐ Add shrimp and halibut to Dutch oven. Cover and simmer 5 additional minutes or until shrimp turn pink and fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:7.2334781936977%

Flavonoids

Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 1.12mg, Malvidin: 1.12mg, Malvidin: 1.12mg, Malvidin: 1.12mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 77.15kcal (3.86%), Fat: 1.3g (1.99%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.33g (1.58%), Sugar: 3.17g (3.52%), Cholesterol: 51.03mg (17.01%), Sodium: 295.42mg (12.84%), Alcohol: 0.45g (100%), Alcohol %: 0.43% (100%), Protein: 10.57g (21.14%), Selenium: 11.53µg (16.48%), Phosphorus:

133.73mg (13.37%), Vitamin B6: 0.24mg (12.08%), Vitamin B3: 2.35mg (11.74%), Copper: 0.22mg (10.9%), Potassium: 380.09mg (10.86%), Vitamin K: 10.24µg (9.76%), Manganese: 0.17mg (8.34%), Vitamin C: 6.58mg (7.97%), Vitamin D: 1.14µg (7.61%), Magnesium: 28.37mg (7.09%), Iron: 1.24mg (6.89%), Vitamin E: 0.97mg (6.49%), Fiber: 1.52g (6.09%), Calcium: 47.2mg (4.72%), Vitamin B12: 0.27µg (4.45%), Vitamin B1: 0.06mg (4.28%), Zinc: 0.62mg (4.1%), Folate: 15.92µg (3.98%), Vitamin A: 183.69IU (3.67%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.05mg (2.71%)